## "Foot Care Important as Your Complexion"

Puffy, Tired, Aching Feet Change the Facial Expression and Are Often Responsible for Wrinkles.

Send for Free Trini TIZ Package Today.



are not enhanced in beauty when the feet make you look carewarn and wrinkled.

wrinkled.

Tired aching feet get on your nerves: corns, callouses and bunions take all the sunshine out of life. And yet if you put your feet in a TIZ feet bath all foot troubles vanish, the feet take on a sensation of freshness and glow; your nerves and tired muscles at once relax and your mind thus becomes amiable and your flace reflects this in the smile of happinesss. Try the TIZ foot bath plan. It draws out the acids and polsons, reduces all puffiness, makes your feet look trim, nest and well-cared for. Do not use something else, for you will surely be disappointed.

pointed.

For a free trial package, write to Walter Luther Dodge & Co., 1223 S. Wabash Ave., or go to any drug store, department or general store and get a regular size box of TIZ-25 cents.

### Carda

Mrs. Paul Lisse was the hostess of the Wednesday Breakfast Bridge club, Wednesday morning at her home, 1122 Montana street. A dainty breakfast was served after the guests had gathered at her home and then bridge was played for the remainder of the morning. Mrs. A. J. Fullan was the winner of the first prize and Mrs. C. E. Kelly of the second. The prizes were hand embroidered linen towels.

Miss Elia Smith will entertain the club next week at the home of Mrs. A. J. Fullan, 1318 North El Paso street. The club members present were Mesdames C. E. Kelly, H. C. Nelms, S. Turk, F. W. McConnell, D. C. Booth, A. J. Fullan and Miss Elia Smith.

Miss Bess Murtle entertained at her

Miss Beas Murtle entertained at her home, 616 North Florence street, Wednesday afternoon complimentary to Miss Edith Perrenot, who leaves El Paso Sunday. The playing of bunco entertained the guests during the afternoon. Miss Beulah Brown was the winner of the first prize, Miss Mary Leighton of the second, and Miss Beatrice Pateman received the consolation prize. Following the games, a prettily appointed supper was served in the dining room. The table being decorated with a centerplece of purple asters. Among the guests were. Misses Edith Perrenot, Beulah Brown, Margaret Bryan, Mary Leighton, Beatrice Pateman, Sarah Bridgers, Stella Brick, Camille Kibler, Nell Hanniman, Mary Andrews, Giadys Strickland, Mayme Clark and Annie Coleman, Mrs. Kate Murtle assisted her daughter in estertaining.

## Church Affairs

entertaining.

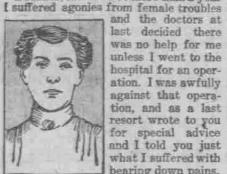
Sunday school of Trinity Methodist a little later on. day evening at 6:30 o'clock in the basement rooms of the church at which plans for the fall and winter work of the Sunday school were discussed. The rally day will be held Sunday, September 23, and a special program of music and recitations will be avranged for it. On this day also the promotions will occur in the different grades of the Sunday school. Plans for increased work in the Sunday school were also discussed. Much interest was taken in the meeting and it is believed there is a very good future ahead for the Sunday school work. The meeting ad-journed for the midweek prayer service, which was attended by over 100 people and then following the service the teachers held another hour's discussion about the Sunday school work.

Mrs. M. L. Delton will entertain the Women's Missionary society of Highland Park Methodist church Fricorner of Altura Boulevard and Courchese street in Altura Park

# MRS. SCOTT'S SUFFERING OVER

Doctors Advised An Operation. How She Escaped Told By Herself.

Buckner, Mo. - "For more than a year



and the doctors at last decided there was no help for me unless I went to the hospital for an operation. I was awfully against that operation, and as a last resort wrote to you for special advice and I told you just and I told you just what I suffered with

bearing down pains, packache, shooting pains in my left side, and at times I could not touch my foot to the floor without screaming. I was short of breath, had smothered spells, felt dull and draggy all the time. I could not do any work, and oh how I dreaded to have an operation.

"I received a letter full of kind advice, which I followed, and if I had only written her a year ago I would have been saved so much suffering, for today I am a well woman. I am now keeping house again and do every bit of my own work. Every one in this part of the country knows it was Lydia E. Pinkham's Vegetable Compound that has restored me to bealth, and everywhere I go I recommend it to suffering women."- Mrs. LIERIE SCOTT, Buckner, Mo.

If you want special advice write to Lydla E. Pinkham Medicine Co. (confi-Lydia E. Pinkham Medicine Co. (confi-dential) Lynn, Mass. Your letter will Tex., are visiting relatives in this city. be opened, read and answered by a

Out Of Town Visitors

Rev. C. S. Wright, former pastor for four years of Trinity Methodist church passed through El Paso Wednesday on his way to Cloudcroft. He is expected to return tonight and will be in the city for a few days. He has just com-pleted holding a cowboy revival in the Davis mountains.

Mrs. J. W. Olinger, of the States College, N. M., Miss Mary Winn, an instructor in the American University of Honolulu, and Mrs. Wm. E. Johnson, of Las Cruces. N. M., are spending a few days in El Paso. Miss Winn is on her way to Europe to study special conditions in sociology.

Mrs. C. H. Lee, of Tucson, Ariz, who has been visiting her brother, D. P. Williams, at 807 Mundy avenue, returned home Tucsday night.

Mrs. J. Ollinger, a resident of several years at the State college, N. M., is spending a few days shopping in El Paso. Mrs. Ollinger is accompanied by Miss Mary Pino, also of the State col-

Kimp Growes, who was visiting Alvin Ernest, has left for Magdalena, N. M., where he will visit relatives, later returning to be the guest here of friends for several weeks.

Mr. and Mrs. L. A. Broaddus, who visited Mr. and Mrs. J. J. Finney, at Grandview, have returned to their home in Las Cruces.

Mrs. J. A. Satterlee, of Las Cruces, was in town yesterday en route home from Long Beach, Cal.

Miss T. Broussard is in the city for a few days and is at the McCoy.

Mrs. Hy Cline, of Wharton, Tex., en route home from a three months visit in California, is visiting her mother, Mrs. M. J. Wooten, for a few days.

Philip Maverick, of San Antonio, Tex., is visiting his sister, Mrs. Murry Crossette, at her home, 800 Montan street. Mrs. J. H. Swift, of Muskogee, Okla, has come to El Paso to make her home with her daughter, Mrs. F. N. Gunn, 1314 Overland street.

Mr. and Mrs. Jack Hubbard, of Del-ton. Tex., are spending a part of their honeymoon in El Paso, guests at the McCoy hotel.

Born, to Mr. and Mrs. Marcus Lantin, of Globe, Ariz, a baby girl, at Hotel Dieu, El Paso, Mr. Lantin is here vis-iting Mrs. Lantin and the new member of the family.

Mrs. D. L. Johnson and son, of San Antonio, Tex., who have been visiting Mr. and Mrs. F. Mauney, 1024 Magoffin avenue, for the past three weeks, re-turned to their home Wednesday.

Miss Corinne Delcuze, of San Antonio, Tex., arrived Wednesday morning in El Paso to make her future home with her sister. Mrs. F. Mauney, 1624 Ma-goffin avenue. Miss Florence Jones, of Madera, Mexico, who has been the guest of Miss May Belle Hood for a short time, will return to her bome in Madera Friday. Miss Hood will be her guest in Madera

Mrs. J. F. Hood and her two daughters. Miss Maybelle Hood and Miss Mildred Hood, of Chihuahua, are occupying the Loomis home, 718 North El Paso street. If conditions in Mexico continue to improve they may return to their home in the city of Chihuahua by the first of Sentember. by the first of September,

I. T. Kight traveling freight agent for the Santa Pe at San Antonio, is in

. . . John Ellis and daughter, Inex, of Sherman, Texas, are visiting Mr. and Mrs. Lu Case, of 611 East Missouri

George E. Barstow, former president of the national irrigation congress, is here from his home at Burstow, Texas, He is registered at the St. Regis.

Miss Blanche Wimmer is in El Paso from Dakville, Tex. She expects to risit friends and relatives at Clint. Tex. before returning to her home.

Mrs. J. T. Roe, formerly of El Paso, but now living on a ranch near Columbus, N. M., reports conditions in the Mimbres valley promising.

F. H. Bellter, of Los Angeles, is at the Angelus hotel. S. A. Mitchell, of the Gila valley in Arizona, is in the city, J. B. Haney, of Tucson, Ariz., is in

J. M. Hirshberger, of Deming, N. M., is in town on business. G. W. Hudbeger is in town from Roswell, N. M.

O. J. Young, from Douglas, Ariz, is visiting El Paso.

Allen Potter, cattle inspector of Tuc-son, Ariz, is in town and says cattle in his section of country are in fine shape, and that there has been plenty of rain throughout the grazing country. Jack Hall, of McKinney, Tex., is in own on business.

John Sayers, late of Casas Grandes, left El Paso this morning for New Mex-ico, to look after some mining interests in that state.

D. J. Johns, of Trinidad, Colo., a cattleman, is in town on business. S. T. Burn, a mining man from Chi-huahua, who has been here for some time, expects to leave for Mexico shortly.

J. N. Clayton, of Chihuahua, returned there this morning. Norvil J. Wells, of Oro Grande, N. M., is in town buying mining ma-

Dr. Frasier Roger and brother, of Fort Worth, Tex., who have been in town for some time, left for home this morning. They are interested in the Baker Copper company of Oro Grande,

Joe Croclenoot, from Santa Paula, Cal., arrived in town last night. He expects to locate here.

G. E. Strong, of Los Angeles, is in the city. Miss Angues Hoy, of Tucson, Ariz, is in El Paso for a few days, being on her way home from a vacation trip in Vir-

E. D. Baker, of Oro Grande, N. M., is in El Paso for a short visit. Mr. and Mrs. R. B. Tucker, of Mem-phis, Tenn., are in El Paso.

woman and held in strict confidence. Was in El Paso today on her way to Nashville, Tean,

An Artistic Design



Mole colored charmeuse is the material of this gown, which is cut on new lines. The sleeve is cut very long and wrinkles like a glore when worn. The edges are finished simply with a cord of the material. The feature of this gown is a long sash, made of bias strips of apricot and green silk, alternating with black velvet. A picot edge is made on the strips, before they are sewed together, and a fringe of the two light shades finishes the sash ends.

### El Pasoans Away

Miss Hermione Hawkins, Miss Lisbeth Aronstein and Master Ernest Aronstein left Wednesday night for From there they sail Au gust 24 for Bremen, Germany. Miss Aronstein, who has been visiting for a year in El Paso, will return to her home in Dortmund. Master Ernest will enter a German school for three years and Miss Hawkins goes direct to Berlin to study the piano for a year.

R. W. Maxton, who has been in charge of the construction of the new hotel Pasc Del Norte since February 1, will leave El Pasc Friday for St. Louis, where he will make charge of another large building. He has been engaged in the contracting business for the past 30 years.

Mr. and Mrs. J. H. Wallis and family have gone to Atlanta, Ga., on a visit to relatives and friends and from there will go to their new home in Tampa, Fla., where Mr. Wallis has a government position.

R. A. Bird left yesterday for Amar-illo on a brief business trip.

Mr and Mrs. Ewell Thomason have gone to their former home, Gainesville, Tex., for a visit

Miss Edith Perrenot will leave Sunday for Santa Fe. N. M.

John W. Fisher left Thursday for Los Angeles where he will meet his family who have been spending the summer in Seattle

J. T. Rowe expects to leave soon for Columbus, N. M., to inspect his new well that he is putting down on his

Miss Winifred Roe, formerly teacher in El Paso, expects to take a school at Sunnyside, N. M., the coming term. Miss Elizabeth Roe, formerly of El Paso, is now in Chicago, III., teacher of domestic science.

## Dinners and Luncheons

Miss Tillie Snyder entertained Wednesday evening at her home, compli-mentary to Mrs. Harry Hayman, of Waco, and Miss Annie Glick, of Dal.

las, Tex.

A chop suey dinner was served in a veritable garden of ferms and flowers. Pink and blue for the decorative scheme added to the beauty of the occasion. The dinner was followed by a series of card games and a prize was awarded to Mrs. Mary Hayman at a competitive engagement at progressive competitive engagement at progressive Annie Glick and Mrs. Mary Hayman. The guests present were: Mrs. Julius Kanter, Mrs. Mary Hayman, Mrs. Isaac Talpis, Misses Annie Glick, Sarah Ginsburg, Annie and Rose Stolaroff and Esther Cohen. Mrs. Mary Hayman, nee Stolaroff, will be remembered having figured prominently in local society.

Capt. and Mrs. A. P. Watts enter-tained Capt. and Mrs. John K. Miller at dinner Wednesday night at the Val-ley Inn. Ysleta.

Mr. and Mrs. Lamar Davis enter tained at dinner at the Valley Inn. Ysleta, Wednesday night, their guests being Mr. and Mrs. Jack Hubbard, of Belton, Tex., and Maury Kemp.

Going to rehearsal this morning. I counted the number of faces that were badly powdered, with perfectly evident traces of badly applied make-up. There were 45 in two blocks.

When a woman gets to a certain age I suppose she may do as she likes, but girls wouldn't use heary whitemast on their faces if they knew how much older they looked and how drawn and dry the skin app. 17 under the doating or powder. If one is going to use powder, nowever, there should be a law making every woman put on her powder by a very strong light, and be sure and powder the back of the neck and behind the ears quite as religiously as the nose and chin.

The only way you can be sure the back of your neck is quite the same color as the front of it is by using alcohol on it after you have bathed in the morning. Keeping the neck clean is a trick which even very clean by tonic and the looks of the neck clean is a trick which even very clean by tonic and the same color as the same color as the front of it is by using alcohol on it after you have bathed in the morning. Keeping the neck clean is a trick which even very clean by tonic and the same color as the front of the same color as the front of the same color as the front of the process of the neck clean is a trick which even very clean by the same colors. F. W. Berkshire was host at dinner at the Valley Inn. Ysleta. Wednesday night with F. H. Larned, of Washing-ton, D. C., and James H. Worles as his gueste.

Miss Ernestine Murry and Miss Mabel Murry were the guests of Mrs. O. A. Danielson at an informal dinner today at her home, 1213 North Florence

### About El Pasoans

Mrs Augustine McIntyre, wife of Capt. McIntyre, of the Third artillery, and Mrs. Oliver P. M. Hazzard, wife of Lieut. Hazzard, of the Second cavalry, have taken the Jack Fall house in Golden Hill.

L. E. Booker and family have moved from No. 4 Virginia apartments, to 1211 Prospect avenue.

Mrs. D. W. Dorman and Miss Pauline Dorman have moved from 325 West Missouri street to the Marguerite apartments on Boulevard.

### Women's Organizations

The Beta Beta club r Wednesday afternoon at the home Alfas Hattie Mae Loretz, 1118 Nevada street, with the following members present: Misses Florence Beed, Theo. Patterson, Sue Lattner, Mra E. P. Rankin, ir., and Mrs. Harry Vaughan. Mrs. Vaughan willi entertain the club next week at her home 1116 Brown street. The afternoon was pleasantly passed with needlework and conversation, the hostess serving light refreshments later in the afternoon.

On account of the rain Wednesday morning there was no meeting of the art department of the Woman's club Wednesday mornins. The program to have heen given was postponed until next Wednesday.

Hay say the saim thing as thay sed the day beefoar. It all must be vary distressing to Mayor Gaynor, sed Pa. You see. Pa sed, Mister Gaynor wad be moar in favor of a préss that was all the time differing itself, the way he is. Thare is one grand old man, no use talking. Sometimes I think he is moar than human. At leest, sed Pa, thare is sumthing about him that a human can't dope out. The letters he rites, I mean, etc.

What I was going to say, speeking about newspapers, sed Ma, was that I read a peece the other day that sed Mister Burden Juniour was sick of Moseyort beekaus thare was so many common people thar. He sed that all the Four Hundred was going to Californy, sed Ma.

He did, did he, sed Pa. My goodness!

Mrs. Nell Michelmore and son are staying with her mother, Mrs. D. W. Dorman, and sister, Miss Pauline Dor-man, at the Marguerite apartments.

Mrs. E. P. Daly, 700 1-2 West Main street, has recovered from her recent severe illness and is able to be home to her friends.

(Prima donna of 'The Winsome Widow' Rouge)

(By Dorothy Jardon.)

AM too bashful to make any real

claim to great beauty, and while

am very much flattered to be

put in this series, I am afraid that I

have no secrets of beauty, and no

magic formulas, or creams, to enhance my looks, but, like every girl in her right mind, I want to look as pretty as possible, and there are lots of little ways and tricks which make one ap-

ways and tricks which make one appear more attractive than one really is.

This may be deceitful, but, anyhow, it's feminine, and I know that every other girl will sympathize with me in the desire to "pretty up," and perhaps some of them will profit by my suggestions.

When I am dressing to go out I always remember that the front view

When I am dressing to go out I always remember that the front view of myself which I get in the mirror, is the best, because I have taken the most pains with that, but that there is also a back view, a view of yellowish neck and straggling hair, of a collar that might be cleaner, or a veil that is torn, and when I think of all the belts that don't connect, my hand instinctively goes to my own waist line. A great many people talk against paint and powder, and I suppose everybody agrees that young girls should not use make-up of any kind. Of course, when you are on the stage, you get rather hardened to that sort of thing, though in general actresses are thankful to clean the paint off their faces, and I don't think they use as much paint on the street as no the people who never saw the footlights except from the two dollar side. My strong objection to using powder on the street is that one never gets it on right.

Going to rehearsal this morning, I

Trong sometimes forset.

MISS DOROTHY JARDON,

Company at Ziegfeld's Moulin

cuting indigestible meals

Beauty Secrets Of Footlight Favorites

A Pretty Girl's Tricks Of Beauty

## SUMMERTOURIST FARES

LOW ROUND TRIP FARES TO ALL THE PRINCIPAL EASTERN AND NORTHERN RESORTS ARE ON SALE DAILY, THE FINAL RETURN LIMIT BEING OCTOBER 31ST.

IF YOUR VACATION IS SHORT USE THE

# Golden State Limited

TO KANSAS CITY 14 HOURS, TO CHICAGO 14 HOURS, TO ST. LOUIS 7 HOURS.

Direct line and through sleepers to Memphis. For rates, reservations, routes, etc., phone 594 or call City Ticket Office, Roberts-Banner Building. H. D. McGREGOR, C. T. A. RICHARD WARREN, General Agent.

STEAMSHIL TICKETS TO ALL PARTS OF THE WORLD.

## LITTLE BOBBIE'S PA

By WILLIAM F. KIRK.

66 N EWSPAPERS is funny things, ain't thay, sed Ma. One day ain't thay, sed Ma. One day thay say one thing & the next day thay say the saim thing."

"You don't say so, sed Pa. One day thay say the saim thing as thay sed

William Tuttle, of this city, is expected back from La Jolla, Cal., where he has been spending the summer with his mother. He will leave the latter part of this month for State college, N. M., where he will be a student for the coming year.

Rodney Gilliam, of this city, is expected back in a few days from La Mesa, N. M., where he has been visiting his uncle. . . .

returned from Mesilla Park, where he has been for the past week visiting . . .

Louis Wright has returned from Call . . .

Miss Nora Hawkins and her friend, Miss Ethel Wells, have returned from Highrolls, where they have been vis-iting Miss Lillian Barkness for the

F. A. Bertsch, of El Paso, has re-turned from his vacation trip to Ele-phant Butte dam and the surrounding country. He reports work for this great enterprise progressing well.

Miss Kate King, of 107 San Antonio street, who has been spending her va-cation in Houston, is expected home

You doant mean to tell me that all the Four Hundred is going to the other coast & leeve the butchers & grocers flat? Three thousand miles is a long ways, sed Pa. & beesides there aim many good lawyers on the Pacific Slope. They doant need so many lawyers out thare. By the way, sed Pa. who in—who is Mister Burden Junior? There is sumthing about the naim that sounds like a man with a load, sed Pa. I trust that he had a load when he made that idiotic reemark, sed Pa. You doant need to burn up about it, sed Ma. I dident mean to start anything.

sed Ma. I dident mean to start anything.

I always burn up, sed Pa, wen I see or hear anything about a bunch of nuts talking about common people. Who are common people anyway? sed Pa. Abraham Lincoln, Napoleon, Socrates, Aesop, Cliver Crouwell—that is the kind of common peepul that Mister Burden Junior is talking about. Men that had big brains, big hands, big hearts & big bodies. Bless them, Pa sed, thay had more brains under thare finger nails than all the Juniors in the world. The wise guys in this world doant want any advice from Juniors, sed Pa. Thare are too many Seniors tending bar—regiar Seniors at that Seniors in brain & manhood. They can't help it if thay have to tend bar, sed Pa.

Thay can't help it if thay have to tend bar, sed Pa.

Doan't cry about it, sed Ma, & doan't have apoplexy, as I have offen toald you beefoar. What in the world do I care about Burden Junior or any other member of the Four Hundred? & how do thay know that anybody wants them out in Californy? Them Native Sons is kind of touchy about the kind of folks thay reeceeve into thare arms, Ma sed. I think the Four Hundred ought to rite four hundred letters beefoar thay pack thare grips & move West.

Wife, sed Pa, thare are times that you show sum sense.

### El Pasoans Returning

John Schoepple has returned from a brief trip through San Antonio and New Orleans.

Mrs. F. D. Scotten and daughter, Miss Edna Scotten, have returned to their home in El Paso after being away several months, visiting in southern Cal-ifornia, Arizona and New Mexico.

past two weeks.

Mr. and Mrs. E. A. Chipps have re-turned to their home in the Echo apartments on Myrtle avenue, from an extended visit in the east. Mr. Chipps | nue.



## Get in on the fun

If you enjoy a good laugh, you shouldn't be without a Victor. Turn on the fun whenever you want - an abundance of jolly songs, bright minstrel jokes and humorous specialties.

Come in today and hear the Victor and have a few Victors \$10 to \$100. Victor-Victrolas \$15 to \$200. Terms to

W. G. Walz Company



## Watch Our Special Prices Weekly Opitz Market



has purchased a five passenger Warren

The Lodges Hertha Lodge Sisters and Sons of Herman will hold a picnic Saturday night on the lawn of Mrs. Katherine Held's residence, 3402 Alameda ave-

C. L.: The hot sun and wind will not injure your skin, even though it is delicate, if you apply a spurmax lotion each day. This lotion is made by adding 2 teaspoonfuls glycerine to 1-2 pint witch hazel (or hot water), then 4 ounces spurmax. Powder and rouge are unnecessary when the spurmax lotion is used, and if you apply the lotion every day you will find that it banishes tan and freckles and dispels the oily, shiny, blotchy condition. The spurmax lotion is invisible when on and is not affected by wind or perspiration.

the house, as its use often prevents serious sickness.

1. X. L.: You can obtain quick relief from burning, smarting eyes by frequently dropping 2 or 2 drops of a plain crystos eye-tonic in each eye. This hormless tonic is made by dissolving 1 ounce crystos in a pint each eye. This scribus sickness.

Myra: Each night apply pyroxin to lash roots with thumb and forefinger and they will come in long and silky. Your eyebrows will grow thick and heavy by rubbing on pyroxin with finger tip. Be careful and don't get any where hair is not wanted.

I know one girl who rubs her finger up and down her none whenever she is perplexed or thinking seriously about something. She doesn't know how queer it looks, but I have seen her do it on all kinds of occasions, and often it is quite a ludicrous performance; hesides that, she draws attention to her nose, which is already long enough. Dorothy D: No harm results when delatine is used to banish hairy growths. Just make a paste with some delatine and water, spread over hairs and in 2 or 3 minutes remove, wash the skin, and every trace of hair or fuzz has vanished. Harely is 'necessary to use more than one application of dela-

When I was a little girl I went to school with a girl who winked. She did it as a trick and occasionally made us envious by looking crosseved. We all tried to do as she did, and I became addition to the control of th addicted to winking to such an extent that severe punishment was inflicted upon me to make me stop. Fortunately, I never did accomplish the feat of locking crosseyed. Like all girls on the stage, I have found that two things which ruin one's looks the most are lack of sleep and poor or badly selected food. In our profession it is difficult to get either, unless you are fortunate enough to play in your own home town and to have few morning rehearsals and to have contracted the habit of going to sleep just as soon as you get to bed.

ounce crystos in a pint said water. For soreness or for removing foreign particles, as well as for granulated lids, it is unequaled. To dull, listless eyes it will give a youthful chaim and sparkle, and its occasional use frequently overcomes the need for wearing glasses.

This almazoin cream-felly will rid the skin of pimples, blackheads, blotches, fine lines, sallowness and other complexion upsets. It also discourages hairy growths.

Esther H.: You cannot expect to have a clear, fair skin so long as you continue using greasy creams and smother the pores with powder. Make up and use this plain almosoln creaming lelly, followed by an application of the spurmax lotion (see answer to C. L.): Put 2 tenspoonfuls glycerine into 1.2 pint cold water, then add 1 ounce almosoin. Let stand for several hours, then apply to skin and massage in well. This almosoin cream-jelly will rid the

B. A.: Of course you cannot make your hair look bright and pretty, because soap was never intended for shampooing, as it causes the hair to grow streaky and brittle. Dissoive a teaspoonful canthrox in a cup hot water and you will have enough mixture for a delightfully soothing and invigorating shampoo. The lather created by canthrox allays scalp irritation and dissolves dandruff and excess oll and after rinsing well, the hair and scalp are claen and sweet, while the hair dies quickly, with an even rich color and beautiful gloss. Nothing compares with canthrox for keeping the hair silky, brilliant and fluffy in hot weather.

Mes. I. D. Della malicipal continued.

Grace W: The discomfort you suffer from overfatness can be eastly remained the scalp to weight to will get 4 ounces parnoths and dissolve in 11-2 pints hot water, then take a tablespoonful 3 times each day. This harmless treatment gently dissolves fatty tissues without inconvenience and does not eal for dieting or violent exercise. Tou can reduce your weight to where you want it and your first will be firm and the skin free from using the parnotis from the parnotic from the continued.

N. L.: An excellent hair and scalp tonic for summer months is made by

with canthrox for keeping the hair silky, brilliant and fluffy in hot weather.

Mrs. J. R.: Boils indicate a poison-laden blood, and you can hope for little relief until the poisons are eliminated from the system. In 1-2 pint alcohol, then I-2 pint water. This almost instantly soothes the burning and stops irritation. Its continued use puts the scalp in a healthy condition and encourages a beautiful growth of silky, brilliant hair. It is a good idea to soon boils. This tonic will clear up the skin and give you health and energy, and should be kept handy in Adv.

# automobile. Mrs. T. M. Heney of 1631 Arizona street, is at home from Long Beach, Cal.

# Health and Beauty Helps

Now that we are wearing one piece dresses we don't see so many gaping beit lines and safety pins. But not every girl has caught the trick of wearing her clothes as if they were comfortable, and I think that is a necessary factor in the art of looking neets. They tell me at the Long Branch horse show that the display of clothes was perfectly gorgeous, but that most of the boxes were empty because the girls couldn't sit down. Now, I can't imagine that these beautifully dressed people looked comfortable or serene, and I think that frocks which make one physically uncomfortable detract immensely from one's looks, no matter how pretty they may be.

Lots of girls have the trick of fussing contsantly with their hair or running their fingers over their faces, fumbling their chins or generally feeling to see if the collar or dress is all right. These things get to be a terrible habit, and they are not becoming to the average girl, and seriously detract from her looks.

have contracted the habit of going to sleep just as soon as you get to bed, but, unfortunately, this is seldom the case. And girls on the stage, like girls in business, eat all kinds of queer foods, and make their lunch of pickles and pie and other beauty destroying combinations.

I can't speak with authority about fiet, but I am sure that the very simplest food is bound to be the best, especially when one is working and cannot take care of a headache or the more serious troubles that come from eating indirectible meals.